



Easy Orange Cream Slush



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 8 ice cubes
- ☐ 0.3 cup milk
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons sugar white

Equipment

- ☐ blender

Directions

☐ Combine the orange juice, milk, sugar, and ice cubes in a blender; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:160.09, Glycemic Load:24.41, Inflammation Score:-5, Nutrition Score:7.6182609446671%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 184.8kcal (9.24%), Fat: 2.28g (3.5%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 39.4g (14.33%), Sugar: 37.3g (41.45%), Cholesterol: 7.32mg (2.44%), Sodium: 30.26mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 62mg (75.15%), Vitamin B1: 0.15mg (9.72%), Potassium: 339.98mg (9.71%), Folate: 37.2µg (9.3%), Calcium: 92.27mg (9.23%), Phosphorus: 82.69mg (8.27%), Vitamin B2: 0.13mg (7.41%), Vitamin A: 346.82IU (6.94%), Magnesium: 22.08mg (5.52%), Vitamin B12: 0.33µg (5.49%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.67µg (4.47%), Vitamin B6: 0.09mg (4.34%), Copper: 0.07mg (3.74%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.33mg (2.17%), Selenium: 1.43µg (2.04%), Iron: 0.26mg (1.44%), Manganese: 0.02mg (1.04%)